

Connecting Communication

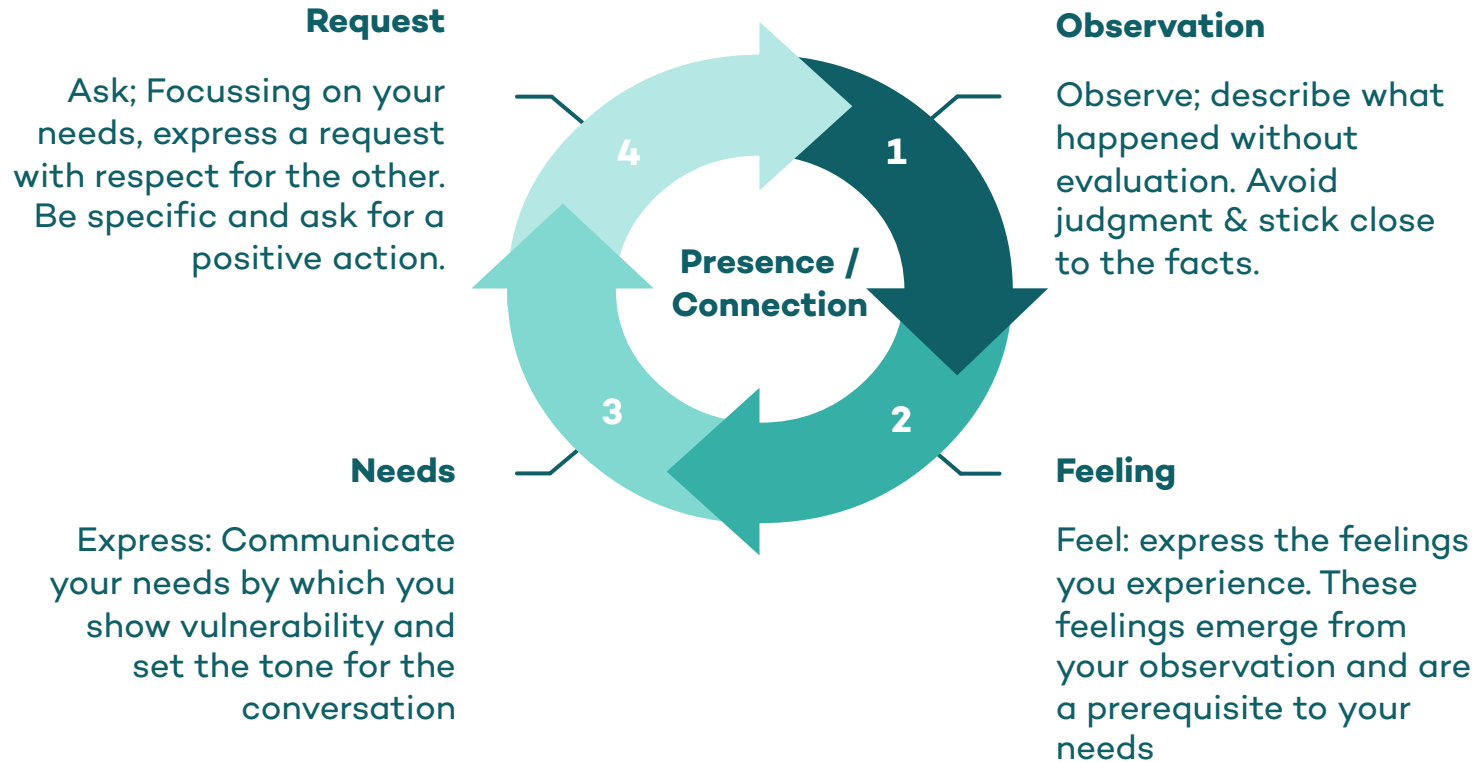
With thanks to Marshall Rosenberg

b r e a t h e



Effective Communication/ Feedback

Hearing and sharing feelings and needs



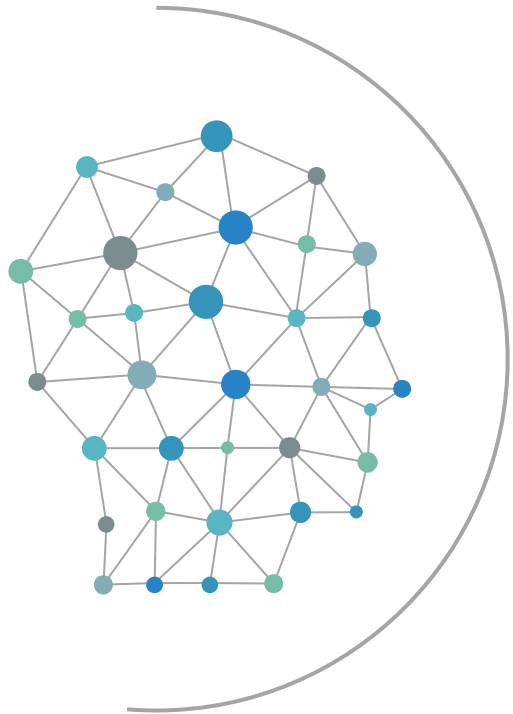
*“Express how **I** am without an intention to criticize or blame”*

*“Compassionate listening how **you** are without hearing criticism or blame”*



b r e a t h e

Our feelings are inherently connected to our underlying Needs & Values



Physical well-being

air, care, comfort,
exercise, food,
safety, sexuality,
shelter, sleep/rest
touch, water

Peace

acceptance,
balance, beauty,
communion, ease,
equanimity, faith
harmony, hope
inspiration, order
peace-of-mind
space structure
wholeness

Connection

acceptance, affection,
appreciation, authenticity,
belonging, care, closeness,
communication, community
companionship, compassion,
consideration, empathy, friendship
inclusion, inspiration, integrity,
intimacy, partnership, presence,
reciprocity, respect/self-respect
security, self-acceptance, self-
care, self-connection, self-
expression, shared reality, stability,
support, to know and be known, to
see and be seen, trust,
understanding

Meaning

acknowledgment, active,
awareness, challenge, clarity,
competence, consciousness,
contribution, creativity,
discovering, earning,
effectiveness, efficiency,
expression, growth, hope,
inspiration, integration,
integrity, learning, meaning
mourning, movement,
participation, perspective,
presence, progress, purpose,
self-expression, stimulation to
matter, understanding

Play

adventure,
excitement,
humour, joy,
relaxation

Autonomy

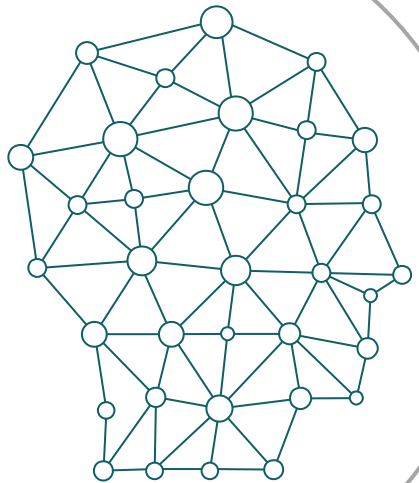
choice, dignity,
freedom,
independence,
self-expression,
space,
spontaneity,

Presence

authenticity,
expression,
honesty,
integrity,

b r e a t h e

Certain feelings are associated with met needs



Affectionate
compassionate,
fond, friendly,
loving,
openhearted,
tender, warm

Grateful
appreciative,
moved,
thankful,
touched

Peaceful
calm, comfortable,
centered, content,
equanimity, fulfilled,
mellow, open, quiet,
relaxed, relieved,
satisfied, serene,
tranquil, happy,

Engaged
Absorbed, curious,
engrossed, enchanted,
enthralled, entranced,
fascinated, interested,
intrigued, involved,
open, spellbound,
stimulated

Hopeful
confident,
expectant,
encouraged, jazzed,
lighthearted,
sanguine, up,
upbeat, optimistic

Happy
Amused, blissful,
cheerful, delighted,
ecstatic, elated, giddy,
glad, jolly, joyful,
jubilant, merry,
overjoyed, pleased,
rapturous, tickled

Exited
amazed, ardent,
dazzled, eager,
energetic, enlivened,
enthusiastic,
exuberant,
invigorated, lively,
passionate, surprised,
vibrant

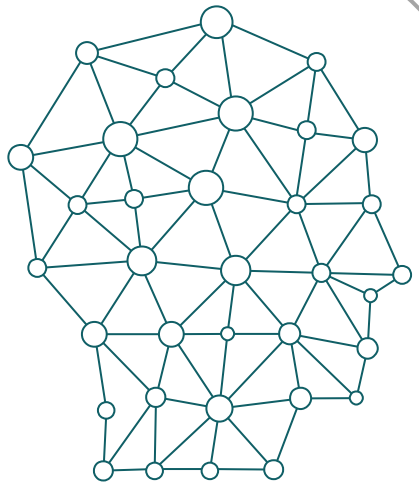
Inspired
amazed, eager,
enthused, energized,
motivated, moved,
psyched, stimulated,
stirred, wonder,
animated, passionate,
lively, impressed,
surprised, desirous,
strengthened,

Exhilarated
blissful, delighted,
elated, electrified,
enthralled, estatic,
euphoric, exited,
exuberated, overjoyed,
radiant, thrilled

Refreshed
recharged,
rejuvenated,
renewed, rested,
restored,
revived

b r e a t h e

Certain feelings are associated with unmet needs



Pain

aching, agony, anguished, devastated, distressed, grief, heartbroken, hungry, hurting, lonely, miserable, regretful, remorseful

Confusion

Ambivalent, baffled, bewildered, conflicted, dazed, discombobulated, disoriented, doubtful, mixed, mystified, perplexed, puzzled, torn, stunned

Aversion

abhorrence, appalled, bothered, contemptuous, displeased, disgust, dislike, enmity, horrified, loathing, repulsion, revulsion, hateful

Anger

aggravated, angry, animosity, annoyed, contempt, disgruntled, enraged, exasperated, furious, hate, hostile, incensed, irate, irritated, irked, livid, miffed, nettled, outraged, peeved, resentful

Powerless

hopeless, helpless, despondent

Vulnerable

sensitive, insecure, wobbly

Fear

afraid, anxious, apprehensive dread, fearful, foreboding, frightened, guarded, insecure, leery, mistrustful, panicked, petrified, scared, shaky, suspicious, terrified, trepidation, wary, worried

Fatigue

beat, burnt-out, depleted, exhausted, listless, pooped, sleepy, tired, weary, wiped-out, worn-out

Sadness

depressed, dejected, despairing, despondent, disappointed, discouraged, disheartened, forlorn, gloomy, heavy, hearted, hopeless, melancholy, miserable, unhappy, wistful

Exhilarated

blissful, delighted, elated, electrified, enthralled, ecstatic, euphoric, exited, exuberated, overjoyed, radiant, thrilled

Yearning

longing, nostalgic, pining, envious, jealous,

Disconnected

apathetic, bored, closed, detached, distant, indifferent, listless, numb, withdrawn, alienated, distracted

Tension

anxious, closed, distressed, edgy, fidgety, frazzled, frustrated, jittery, nervous, overwhelmed, restless, stressed-out

Disquiet

Alert, Agitated, alarmed, concerned, distraught, disconcerted, dismayed, disturbed, frustrated, perturbed, rattled, restless, shocked, startled, surprised, troubled, turbulent, turmoil, uncomfortable, uneasy, unnerved, unsettled, upset, bewildered

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Exercises

- Exercise 1: Compassionate listening to an actual situation (feelings and needs)
- Exercise 2: Compassionate sharing of an actual situation (follow steps)

b r e a t h e